CALE COLLEGE OF CHIROPRACTIC

This file contains the records in the Accreditation File of the California State Board of Chiropractic Examiners for this college.

This file does not reflect a College code; the 1992 Directory of Doctors of Chiropractic does not list this school.

The original records, as of 2004, are in the possession of the California State Archives at 1020 “Q” Street, Sacramento, California. 95814.

This file contains:

1. Articles of Incorporation of the Cale College of Chiropractic, dated 5 May 1925; plus 3 amendments to the Articles as follows:
   a. 4 September 1929 Name change to SCCC; non-profit status
   b. 30 September 1931 Name change to Col. Of Chiropractic P & S
   c. 11 February 1938 Name change to SCCC
2. “The Twin Necessities of Health” by Dr. Charles A. Cale, 1926.
3. BCE inspection findings and Borad minutes of 4 September 1926.
4. Newspaper articles of July 1929.

Articles of Incorporation

of the

Cale College of Chiropractic

Under the Laws

of the State of California

Know all men by these Presents: *That we, the undersigned, a majority of whom are citizens and residents of the State of California, have this day voluntarily asscciated ourselves together for the purpose of forming a corporation under the laws of the State of California.*

And We Hereby Certify,

FIRST: That the name of the Corporation shall be the Cale College of Chiropractic

SECOND: That the purposes for which it is formed are

To teach Chiropractic and all modes and systems of healing the sick or afflicted, and to issue all degrees to which the graduates are entitled;

To teach any or all high school or college subjects, and all subjects which give mental training or scientific knowledge;

To buy, manufacture and sell all tables, electrical appliances and supplies of all kinds which are used by Chiropractors, osteopaths, naturopaths and physicians and surgeons, and all kinds of patents covering same;

To conduct and operate schools, colleges, clinics, hospitals, sanitariums, rest homes, convalescent homes, lying-in hospitals, rooming houses, dormitories, and boarding houses;

To buy property and to build such buildings as are necessary or useful in the work of the corporation;

To own printing outfits and to publish books, periodicals, pamphlets, newspapers, and carry out all other means of education and entertainment;

To conduct lecture courses, exhibits and demonstrations;

To receive gifts, bequests, endowments and presents in money or other things of value;

To cooperate and consolidate with any other educational institutions; and generally to conduct any business which contributes in any way to the education of the people in any lines of general culture and means of healing.

THIRD: That the place where the principal business of said Corporation is to be transacted is Los Angeles, California, 516 O.T. Johnson Bldg.

FOURTH: That the term for which said Corporation is to exist is Fifty years, from and after the date of its Incorporation.

FIFTH: That the number of Directors or Trustees of said Corporation shall be Five and that the names and residences of the Directors or Trustees, who are appointed for the first year, and to serve until the election and qualification of such officers, are as follows, to-wit:

NAMES	WHOSE RESIDENCE IS AT
Dr. Charles P. Cale	Los Angeles, Calif.
Dr. H. H. Williames	Los Angeles Calif
Dr. William J. Boyd	Los Angles Calif
Dr. Joseph Barton	Los Angeles, Calif
Dr. Harry Moore Hall	Los Angeles Calif

SIXTH: That the amount of the Capital Stock of said Corporation is Ten Thousand Dollars and the number of shares into which it is divided is ten thousand of the par value of One Dollars each.

SEVENTH: That the amount of the Capital Stock which has been actually subscribed is Ten Thousand Dollars, and the following are the names of the persons by whom the same has been subscribed to-wit:

NAMES OF SUBSCRIBERS	NO. OF SHARES	AMOUNT
Dr. Charles P. Cale	9,980	$ 9,980.
Dr. H. H. Williames	5	5.
Dr. William J. Boyd	5	5.
Dr. Joseph Barton	5	5.
Dr. Harry Moore Hall	5	5.

2

114029

In Witness Whereof, we have hereunto set our hands and seals, this 11th day of April nineteen hundred and twenty-five

Dr. Charles A. Cale

Dr. A. E. Williames

Dr. William J. Boyd

Dr Joseph Bolton

Dr. Harry Moore Hall

STATE OF CALIFORNIA }
County of Los Angeles } ss.

On this 11th day of April, nineteen hundred and Twenty five before me William Cop a Notary Public in and for the County of Los Angeles, State of California, personally appeared Dr Charles A. Cale, A. E. Williames, William J Boyd, Joseph Bolton and Harry Moore Hall

known to me to be the persons whose names are subscribed to the within instrument, and acknowledged to me that they executed the same.

Witness my hand and official seal.

William Cop

Notary Public in and for said County and State

STATE OF CALIFORNIA
County of } ss

I, ... *County Clerk of the*

.....

County of ....., *State of California, do hereby certify the within to be a full, true and correct copy of Articles of Incorporation of*

.....

.....

.....

as remains on file in this office.

Witness *my hand and official seal this* ..... *day of* ..... *19*.....

..... *Clerk*

By .....

Deputy Clerk.

No. 114029

Articles of
Incorporation
of the

.....

.....

.....

.....

DATED ..... *19*.....

FILED
In the office of the Secretary of State
OF THE STATE OF CALIFORNIA
MAY 5 - 1925
FRANK C. JORDAN
SECRETARY OF STATE
By ..... DEPUTY

Indexed

Dr Charles H Cole
516 O.T. Johnson Bldg.
L A

475 5-20.

(Name changed to SOUTHERN CALIFORNIA COLLEGE OF CHIROPRACTIC
(Number of Directors increased from 5 to 11
(Capital Stock changed to 2500 shares no par value

114029
FILED
in the office of the Secretary of State
OF THE STATE OF CALIFORNIA
SEP 5 - 1929
FRANK C. JORDAN
SECRETARY OF STATE
By Robert H. Jordan
ASSISTANT SECRETARY OF STATE

CERTIFICATE OF AMENDMENT OF THE ARTICLES OF INCORPORATION OF THE CALE COLLEGE OF CHIROPRACTIC

We, the undersigned CHARLES A. CALE, as President and WM. J. BOYD as Secretary of the Cale College of Chiropractic, organized and existing under and by virtue of the laws of the State Of California, and having its office and principal place of business in the City of Los Angeles, County of Los Angeles, State of California, do hereby certify:

FIRST: That on the 4th day of September, 1929, and at 9:30 o'clock A. M., of said day, at the offices of R. Lee Bagby, Attorney at Law, located at 1036 Security Building, Los Angeles, California, a Meeting of the Board of Directors of the Cale College of Chiropractic was duly and regularly held in pursuance of call of the President.

SECOND: That at the said Meeting of the Board of Directors the following resolution was moved, seconded and unanimously adopted, to-wit:

> RESOLVED that the Cale College of Chiropractic amend its Articles of Incorporation in the following respects:
>
> (a) By changing Paragraph "One" of said Articles to read as follows:
>
> That the name of this corporation shall be Southern California College of Chiropractic;
>
> (b) By changing Paragraph "Three" thereof to read as follows:
>
> That the place where the principal business of said corporation is to be transacted is in the City of Los Angeles, State of California;
>
> (c) By changing Paragraph "Five" of said Articles as follows:
>
> That the words "Eleven (11)" be substituted in the place of the words "Five (5)" as the number of directors or trustees of said corporation;
>
> (d) By changing Paragraph "Six" of said Articles to read as follows:

R. Lee Bagby
Attorney at Law
Los Angeles

That the total number of shares authorized of the corporation's capital stock is twenty-five hundred (2500) shares, and such shares shall be non-dividend paying, without nominal or par value.

(e) By adding Paragraph "Eight" to said Articles to read as follows:

That no person shall be elected or qualified to act as a director of this corporation, who is directly or indirectly affiliated with, or interested in any other institution teaching or instructing in the science of chiropractic, medicine, surgery or osteopathy.

THIRD: That there was present a majority of the Board of Directors of said corporation, who concurred in the affirmative vote upon said resolution.

FOURTH: That immediately after the adjournment of the Director's Meeting, and at ten o'clock A. M., of September 4th, 1929, and at the offices of R. Lee Bagby, Attorney at Law, 1036 Security Building, Los Angeles, California, a Stockholder's Meeting was duly and regularly called, and a count showed all of the issued stock present. Whereupon a motion was duly made, seconded and unanimously adopted by the stockholders owning and holding all of the issued and outstanding stock of said corporation, ratifying and confirming the action of the Board of Directors in resolving to amend the Articles of Incorporation, and approving the resolution adopted by the Board of Directors that such change in said articles be made.

FIFTH: That at the said Meeting of Stockholders a copy of the resolution of the Board of Directors, setting forth the amendments of the Articles of Incorporation, was read and made a part of the resolution of the stockholders, ratifying and approving the action of the Board of Directors in their adoption of said resolution.

SIXTH: That all of the issued and outstanding shares of said corporation were represented at said meeting either in person or by proxy.

R. Lee Bagby
Attorney at Law
Los Angeles

IN WITNESS WHEREOF, we have hereunto set our hands and seals this 4th day of September, 1929.

Charles A. Cale *Charles A. Cale*
President

(CORPORATE SEAL) Wm. J. Boyd *Wm. J. Boyd*
Secretary

STATE OF CALIFORNIA)
)SS
COUNTY OF LOS ANGELES)

CHARLES A. CALE, being first duly sworn deposes and says:

That he is the President of the CALE COLLEGE OF CHIROPRACTIC, and that he has read the foregoing certificate and knows the contents thereof to be true, and acknowledges that he executed the same as President of said corporation.

CHARLES A. CALE *Charles A. Cale*

Subscribed and sworn to before me this 4th day of September, 1929.

(SEAL) *B. J. Bradner*
B. J. BRADNER
Notary Public in and for the County of Los Angeles, State of California.

STATE OF CALIFORNIA)
)SS
COUNTY OF LOS ANGELES)

WM. J. BOYD, being first duly sown deposes and says:

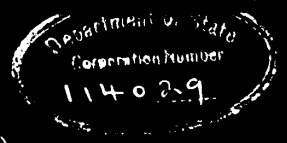
That he is the Secretary of the CALE COLLEGE OF CHIROPRACTIC, and that he has read the foregoing certificate and knows the contents thereof to be true, and acknowledges that he executed the same as Secretary of said corporation.

WM. J. BOYD *Wm. J. Boyd*

Subscribed and sworn to before me this 4th day of September, 1929.

(SEAL) *B. J. Bradner*
B. J. BRADNER
Notary Public in and for the County of Los Angeles, State of California.

R. Lee Bagby
Attorney at Law
Los Angeles



(Name changed to COLLEGE OF CHIROPRACTIC PHYSICIANS AND SURGEONS)

FILED
in the office of the Secretary of State
OF THE STATE OF CALIFORNIA
OCT 6 - 1931
FRANK C. JORDAN
SECRETARY OF STATE
By Chas Hagen
DEPUTY

CERTIFICATE OF AMENDMENT
OF THE
ARTICLES OF INCORPORATION
SOUTHERN CALIFORNIA COLLEGE OF CHIROPRACTIC

The undersigned, being respectively the President and Secretary of the Southern California College of Chiropractic do hereby certify as follows:

FIRST: That on the 29th day of September, 1931 at the office of said Southern California College of Chiropractic at 337½ South Hill Street in the City of Los Angeles, State of California, a meeting of the Board of Directors of the said Southern California College of Chiropractic was duly and regularly held in pursuance to the call of the President;

SECOND: That at the said meeting of the Board of Directors the following resolution was moved, seconded and unanimously adopted, to-wit:

RESOLVED that the Articles of Incorporation of the Southern California College of Chiropractic be and the same are hereby amended by changing Paragraph First thereof so that the said Paragraph First shall read as follows:

FIRST: That the name of this corporation shall be COLLEGE OF CHIROPRACTIC PHYSICIANS AND SURGEONS,

AND RESOLVED FURTHER that the President and Secretary of this corporation be and they are hereby authorized and directed to make under the corporate seal and to cause to be filed such certificate or certificates as shall be requisite to the end that the Articles of Incorporation of this corporation shall be amended as aforesaid.

THIRD: That there was present a majority of the Board of Directors of said corporation, who concurred in the affirmative vote upon said resolution.

FOURTH: That immediately after the adjournment of the meeting of the Board of Directors on September 29, 1931 and at the offices of the Southern California College of Chiropractic, 337½ South Hill Street, Los Angeles, California, a meeting of the stockholders of said Corporation was duly and regularly called and a count showed all of the issued stock present. Whereupon a motion was duly made, seconded and unanimously adopted by the stockholders owning and holding all of the issued and outstanding stock of said Corporation, ratifying and confirming the action of the Board of Directors in resolving to amend the Articles of Incorporation, and approving the resolution adopted by the Board of Directors that such change in said Articles be made;

FIFTH: That at the said meeting of stockholders the resolution of the Board of Directors was read and made a part of the resolution of the stockholders ratifying and approving the action of the Board of Directors and their adoption of said resolution.

SIXTH: That all of the issued and outstanding shares of said corporation were represented at said meeting either in person or by proxy;

SEVENTH: That the number of issued and outstanding shares of stock of said Corporation is eleven hundred.

IN WITNESS WHEREOF, we have hereunto set our hands and seals this 30th day of September, 1931.

Charles G Gale
President.

R. Blake Howe
Secretary

91

STATE OF CALIFORNIA)
) SS.
COUNTY OF LOS ANGELES)

Charles A. Cale, being first duly sworn, deposes and says:

That he is the President of the Southern California College of Chiropractic, and that he has read the foregoing certificate and knows the contents thereof to be true, and acknowledges that he executed the same as President of said corporation.

Charles A. Cale

Subscribed and sworn to before me this 30th day of September, 1931.

Edward A. Stuart
Notary Public in and for said County and State.

STATE OF CALIFORNIA)
) SS.
County of Los Angeles)

R. Clark Howe, being first duly sworn deposes and says:

That he is the Secretary of the Southern California College of Chiropractic and that he has read the foregoing certificate and knows the contents thereof to be true, and acknowledges that he executed the same as Secretary of said Corporation.

R. Clark Howe

Subscribed and sworn to before me this 30th day of September, 1931.

Edward A. Stuart
Notary Public in and for said County and State.

Name changed to SOUTHERN CALIFORNIA COLLEGE OF CHIROPRACTIC

FILED
in the office of the Secretary of State
OF THE STATE OF CALIFORNIA
FEB 14 1938
FRANK C. JORDAN
SECRETARY OF STATE
By DEPUTY

CERTIFICATE OF AMENDMENT
OF THE
ARTICLES OF INCORPORATION
OF THE COLLEGE OF CHIROPRACTIC PHYSICIANS AND SURGEONS

The undersigned, being respectively the President and Secretary of the College of Chiropractic Physicians and Surgeons do hereby certify as follows:

FIRST: That on the 13th day of January, 1938, at the office of said College of Chiropractic Physicians and Surgeons at 1609 West Ninth Street, in the City of Los Angeles, State of California, a meeting of the Board of Directors of said College of Chiropractic Physicians and Surgeons was duly and regularly held in pursuance of the call of the President.

SECOND: That at said meeting of the Board of Directors the following resolution was moved, seconded, and unanimously adopted, to-wit:

RESOLVED that the Articles of Incorporation of the College of Chiropractic Physicians and Surgeons be and the same are hereby amended by changing Paragraph First thereof so that the said Paragraph First shall read as follows:

FIRST: That the name of this corporation shall be Southern California College of Chiropractic,

AND RESOLVED FURTHER that the President and Secretary of this corporation be and they are hereby authorized and directed to make under the corporate seal and to cause to be filed such certificate or certificates as shall be requisite to the end that the Articles of Incorporation of this corporation shall be amended as aforesaid.

THIRD: That there was present a majority of the Board of Directors of said corporation, who concurred in the affirmative vote upon said resolution.

FOURTH: That immediately after the adjournment of the meeting of the Board of Directors hereinabove mentioned, a meeting of the stockholders of said Corporation was duly and regularly called and held on the 13th day of January, 1938, at 1609 West Ninth Street, Los Angeles, California, and a count showed all of the issued stock present. Whereupon a motion was duly made, seconded, and unanimously adopted by the stockholders owning and holding all of the issued and outstanding stock of said Corporation, ratifying and confirming the action of the Board of Directors in resolving to amend the Articles of Incorporation, and approving the resolution adopted by the Board of Directors that such change in said Articles be made.

Whereupon, the following resolution was unanimously adopted:

RESOLVED that the Articles of Incorporation of the College of Chiropractic Physicians and Surgeons be and the same are hereby amended by changing Paragraph First thereof so that the said Paragraph First shall read as follows:

FIRST: That the name of this corporation shall be Southern California College of Chiropractic.

AND RESOLVED FURTHER that the President and Secretary of this corporation be and they are hereby authorized and directed to make under the corporate seal and to cause to be filed such certificate or certificates as shall be requisite to the end that the Articles of Incorporation of this corporation shall be amended as aforesaid.

FIFTH: That at the said meeting of stockholders the resolution of the Board of Directors was read and made a part of the resolution of the stockholders ratifying and approving the action of the Board of Directors and their adoption of said resolution.

SIXTH: That all of the issued and outstanding shares of said corporation were represented at said meeting either in person or by proxy.

SEVENTH: That the number of issued and outstanding shares of stock of said Corporation is eleven hundred.

IN WITNESS WHEREOF, we have hereunto set our hands and seals this 11 day of February, 1938.

Clifford B. Everett
President

R. Blake Howes
Secretary

STATE OF CALIFORNIA)
) SS.
COUNTY OF LOS ANGELES)

CLIFFORD B. EACKETT, being first duly sworn, deposes and says:

That he is the President of the College of Chiropractic Physicians and Surgeons, and that he has read the foregoing certificate and knows the contents thereof to be true, and acknowledges that he executed the same as President of said corporation.

Clifford B. Eackett

Subscribed and sworn to before me this 11 day of February, 1938

Henry Ehlen
Notary Public in and for said County and State.

STATE OF CALIFORNIA)
) SS.
COUNTY OF LOS ANGELES)

R. CLARKE HOWE, being first duly sworn, deposes and says:

That he is the Secretary of the College of Chiropractic Physicians and Surgeons, and that he has read the foregoing certificate and knows the contents thereof to be true, and acknowledges that he executed the same as Secretary of said corporation.

R. Clarke Howe

Subscribed and sworn to before me this 11 day of February, 1938

Henry Ehlen
Notary Public in and for said County and State.

PRICE 50 CENTS

THE TWIN

HEALTH NECESSITIES

(Chiropractic and Diet)

BY

DR. CHARLES A. CALE

President Cale Chiropractic College
President Cale Naturopathic College

Los Angeles, California
1926

CHARLES A. CALE, D. C., Ph. C., M. C., N. D.

1406 West Seventh St., Los Angeles, Calif.

TELEPHONE DRexel 4551

The Twin Health Necessities

THE twin health necessities are Chiropractic and Diet.

Oh, if people all knew this wonderful truth, how much happier they would be.

The twin health necessities are Chiropractic and Diet.

Both are necessary.

Both are scientific.

Both are successful, but both must work together.

CHIROPRACTIC AND DIET

Chiropractic keeps the human body in proper working order, while proper Diet provides the right fuel to keep the body adequately nourished.

Chiropractic alone will cure 90 per cent of all curable diseases, without any special attention to Diet and hygienic living.

I make these positive statements after eighteen years of practicing Chiropractic and teaching Chiropractic.

No one can be perfectly well so long as a nerve is being pressed upon by a vertebra of the spinal column.

EVERYBODY NEEDS CHIROPRACTIC

During the past eighteen years I have examined the nerves and spine of more than five thousand people, and every one of the five thousand people needed Chiropractic adjustments. When a subluxated vertebra presses upon a nerve the life impulse is shut off similar to the shutting off of the flow of water by stepping upon a hose.

Even though many people have learned to eat right and to follow hygienic rules of living, such people cannot get the proper nourishment out of their food unless the nerves to the digestive organs are free from impingement by vertebrae.

SUBLUXATIONS CAUSE INDIGESTION

The nerves which control the digestive organs are the six nerves in approximately the center of the back, beginning with the fourth thoracic nerve and ending with the ninth thoracic nerve.

If any of these nerves are impinged by a vertebra, then the digestive process cannot be carried on normally, even though your diet is correct in every particular.

As I have just stated, there are six spinal nerves which control the process of digestion. If one of these six nerves is not functioning properly, then the digestive process is sixteen and two-thirds per cent inefficient, even if the person should follow an absolutely correct diet.

Now if two nerves out of these six nerves which control the process of digestion are not functioning properly, then the digestive process is thirty-three and one-third per cent inefficient, even if the person should follow an absolutely correct diet.

I think I am rather conservative when I state that the great majority of people have impingements upon at least one or two of the six

nerves which control digestion, and that therefore the great majority of the people have digestive organs which are inefficient by from sixteen to thirty-three per cent.

Then if the food is not properly digested because of inefficiency, the natural result is that the food ferments and putrefies, causing gas and pains in the stomach and intestines.

ADJUSTMENTS AND DIET

Remember that **perfectly proper** food will ferment and putrefy in the intestines if the digestive organs are inefficient as a result of nerve impingement. Therefore adjustments are necessary, even if the most rigid diet is followed.

Oh, how important is this knowledge to all who suffer from gas and pains in the stomach and intestines. Will you who read these lines please help me to spread this wonderful information. It will help solve many problems for people who are following a perfectly proper diet and yet who have gas and pains in the stomach and bowels.

Now please do not think that I in any way minimize the great importance of Diet. Proper diet is one of the twin health necessities. But do not be deceived. Much of the talk that you hear about diet is sheer nonsense. I will go into this matter more fully farther on.

Suffice it to say for the present that if you have any stomach or intestinal trouble, you must have the six vertebrae in the middle of the back adjusted and you must also follow a proper diet and live hygienically. Chiropractic and Diet are the twin health necessities.

SUBLUXATIONS CAUSE HEART TROUBLE

Now let us take up the subject of the circulation of the blood.

The heart pumps the blood all over the body every twenty-three seconds. The pumping of the heart is regulated mainly by the first, second, third and fourth thoracic nerves. If either one of these four nerves is impinged by a vertebra, the heart control is twenty-five per cent imperfect. If two of these nerves are impinged, the heart control is fifty per cent imperfect.

ADJUSTMENTS CURE HEART TROUBLE

Do you see how highly important are these heart nerves? So many people have poor circulation. Poor circulation can usually be quickly benefited by adjusting the vertebrae which are impinging the nerves which regulate the heart.

DIET ALSO NECESSARY

Of course, Diet again enters in as a necessity in correcting poor circulation, because the blood carries the nourishment which is provided by the food we eat. We must have proper food in order to provide the blood with suitable nourishment for the body.

And so we correct heart trouble and poor circulation by making use of the twin health necessities, which are Chiropractic and Diet.

SUBLUXATIONS CAUSE LIVER TROUBLE

Then let us take up the question of liver trouble. I am convinced after eighteen years of practice that the majority of people have liver trouble. The liver is the largest organ in the body, and so when the liver doesn't work properly, there is trouble aplenty.

Now the liver is controlled mainly by the fourth, fifth, sixth, seventh and eighth dorsal nerves. If either one of these nerves is impinged the work of the liver is twenty per cent inefficient. If two of these nerves are impinged the work of the liver is forty per cent inefficient.

ADJUSTMENTS CURE LIVER TROUBLE

The liver stores up sugar and makes bile. If the liver does not work properly, we cannot be well. And so every one who suffers from liver trouble should immediately have the spine adjusted so that the nerves which control the liver may again act normally. To be sure the value of proper diet is important here, in order that the blood may carry to the liver the necessary nourishment to work with.

SUBLUXATIONS CAUSE KIDNEY TROUBLE

Now let us take up the work of the kidneys. Wonderfully important. We could live but a few days if our kidneys should go back on us.

The work of the kidneys is governed mainly by the tenth, eleventh and twelfth thoracic nerves. If one of these nerves is impinged one of the kidneys is thirty-three and one-third per cent inefficient.

CHIROPRACTIC CURES KIDNEY TROUBLE

So many people have kidney trouble. And it is usually so easily cured by Chiropractic adjustments and Diet. Included in the diet in this case should be more water drinking, for most people do not drink enough water. It should be at least two quarts of fluid per day—more in summer.

WE DIE TOO YOUNG

My, oh my! People needn't be sick. When we keep all the organs of the body working properly and provide proper nourishment for the body and follow the rules of hygiene, we cannot be sick. The Bible says three score years and ten or possibly four score years. But nowadays with Chiropractic and proper Diet, all people ought to live to be a hundred and enjoy every minute of it free from pain or illness. Any one dying under 100 years of age ought to be ashamed of himself or herself. They tell us that the average length of life now is only 56 years—right in the prime of life, when we should be doing our best work.

GOOD BLOOD NECESSARY

The Blood is the life. How true this is. He who has pure red blood rich in proper nourishment for the body is indeed fortunate.

But we must remember that the blood can only carry what is furnished to it by the digestive tract. And the digestive tract depends wholly upon the food we eat. How important everything is. Here again is where the necessity of Diet comes in. If we furnish our bodies poor material, our bodies will be poorly built.

IMPINGEMENTS CAUSE LUNG TROUBLE

Let us next consider the lungs. The lungs provide oxygen for us and get rid of carbon dioxide. They tell us that about eight minutes is as long as we could live without oxygen. We need God's pure air. What a pity it is we see people inhaling tobacco smoke instead of God's pure air. Even the ladies have taken to smoking. Pitiful spectacle. Quit it!

The lungs and breathing are controlled mainly by the first, second, third and fourth thoracic nerves. If one or more of these nerves are

impinged by vertebrae, then the work of the lungs is injured and we are more susceptible to lung troubles, as tuberculosis, asthma, bronchitis and pneumonia.

ASTHMA CURED BY CHIROPRACTIC

We should all be sure that the upper four thoracic vertebrae are not impinging upon the nerves to the lungs, and also be sure that we breathe pure fresh air at all times.

I cured one gentleman who had had asthma for eighteen years. He is willing to let me give his name to anyone who is afflicted as he was.

The Eyes. Wonderful windows of the soul! The blood supply which carries nourishment to the eyes is mainly controlled by the first, second and third thoracic nerves. How important that we keep these nerves free from being impinged upon by the vertebrae where the nerves branch out from the spine.

EYES BENEFITED BY CHIROPRACTIC

Weak eyes usually respond quickly to Chiropractic adjustments and proper diet. I cured one girl of ulcerated eyeballs in sixty days. She was happy and grateful. I cured a woman who was seemingly going blind. Her sight had become so poor that she could merely make out the largest headlines in the newspapers. In six months I had her able to read the small type in the want ads.

One young woman dressmaker had to use two pairs of glasses together to see to sew, but after I had given her a course of adjustments she could see better with a single pair than she formerly could with both pair.

MUSCLES NEED NERVE IMPULSES

The Muscles. If our muscles become weak and flabby, it is because either of a poor nerve supply or a poor blood supply, or both. This is one of the best illustrations of the truth of the saying that the twin health necessities are Chiropractic and Diet.

A muscle cannot work until it gets a nerve impulse. A muscle cannot work unless it is supplied with nourishment which it can use. So in order to keep our muscles strong and vigorous we must have nerves free from impingement and must have proper nourishment, Chiropractic and Diet. The twin health necessities.

The muscles also depend upon the circulation and the kidneys for the removal of waste products resulting from muscular work. The circulation and the kineys depend upon nerves and blood. In order to have properly-acting nerves and pure blood we must have Chiropractic and Diet. The twin health necessities.

BRAIN NEEDS GOOD BLOOD

The Brain. The governor of all the functions of the body. How marvelous. The seat of the Mind. If the brain becomes diseased we are tossed about like a ship without a rudder.

The brain must have oxygen and nourishment. Oxygen and nourishment reach the brain through the circulating blood. The circulation to the brain is controlled mainly by the first, second, third and fourth thoracic nerves. And the quality of the blood which goes to the brain depends upon the Diet. And the blood should be kept free from poisons by the work of the kidneys, which are controlled by the tenth, eleventh and twelfth thoracic nerves.

TWINS HELP THE BRAIN

Therefore, for the proper care of the brain we need nerves free from impingement and we need proper food. Chiropractic and Diet. The twin health necessities. If we make use of Chiropractic and Diet we will avoid having a stroke of apoplexy, because we will have stronger arteries and more normal blood pressure.

The wonderful ductless glands of the body also depend upon proper food and a proper supply of life impulses carried by nerves which are not impinged upon by subluxated vertebrae.

The infectious diseases are said to be caused by germs. Well, we notice that it is the vigorous, healthy people who live clean normal lives who do not catch the infectious diseases.

BECOME IMMUNE FROM INFECTION

If we have good pure blood and if we keep all the nerves of the body free from impingement, then we are practically immune from germs. Therefore, the proper protection from germs is Chiropractic and Diet. The twin health necessities.

WHITE BLOOD CELLS DEVOUR GERMS

If the blood is pure the white blood cells act as scavengers and quickly devour the germs which attack us. Not only the white blood cells but other forces in our systems act as antibodies against the germs and their toxins. Therefore, keep your blood pure. Don't poison your blood with nicotine, alcohol or drugs. Leave liquors alone. Leave tobacco alone. Leave drugs alone. They are all poison. We should thank the Christian Scientists for inducing their followers to throw away all their drugs. If everybody right now would throw out all their drugs, half of the sick people would take a turn for the better inside of forty-eight hours. Drugs upset the stomach, injure the kidneys and poison the blood, frequently damaging the white blood cells, which are our very best friends in emergencies.

CHIROPRACTIC, DIET AND HYGIENE

How much better it is for us to build up our own bodily resistance by Chiropractic, Diet and hygienic living, than it is to depend upon having serums injected into our blood. Serums are frequently harmful and are not to be depended upon. In many cases blood poison has resulted from serum injections, requiring the amputation of an arm.

WHAT SHALL WE EAT?

What shall we eat? This question is being studied by millions of people today. It is a vitally important question.

To begin with, we must take into our bodies as food the things which the body needs.

They tell us that the body is made up of eighteen elements. Very well, then, we will provide the body with these eighteen elements.

BODY HAS EIGHTEEN ELEMENTS

The eighteen elements which make up the body are as follows: Oxygen, 66 per cent; carbon, 17.5 per cent; hydrogen, 10.2 per cent; nitrogen, 2.4; calcium, 1.6; phosphorus, 0.9; potassium, 0.3; sodium, 0.3; chlorin, 0.3; sulfur, 0.2; magnesium, 0.005; iron, 0.004 and traces iodin, fluorin, silicon, copper, manganese, and lithium.

But there are many varieties of food which contain these various elements, and so we have to study into the matter of available foods.

SIX GROUPS OF FOODS

The foods are sometimes divided for convenience into the following six groups: Proteins, carbohydrates, fats, mineral salts, vitamins and water.

More nonsense has been written about food and diet lately than about almost any other subject. When people set themselves up as food specialists and diet experts, they should have a thorough knowledge of the subject. But here, as elsewhere, fools rush in where angels fear to tread.

FOOL-KILLER NEEDED

When I read some of the books on dietetics and some of the articles on diet in the newspapers, I feel as if the fool-killer must be taking a vacation. Such aggregations of half truths, misleading theories and downright untruths are seldom seen about any other subject. It would be far better not to know so much, than to know so much that ain't so.

But Diet can really be made a practically exact science. At least, there is enough truth known now about Diet so that the average housewife or cook need not be afraid of injuring the family through the food supplied to them.

ALL FOODS ARE GOOD

In the first place, we should at the very outset remember that all foods are good. I mean all foods that are used in civilized communities by the common people. I want to make this point as emphatic as possible, for much mischief has been done along this line.

Some of these so-called food experts tell us that we must not eat meat; some tell us not to eat bread; some tell us that adults should not drink milk; some say we should not eat eggs. Well, well! Some tell us that we should eat all our food raw. Patients sometimes come to me so badly muddled upon this food question that I feel exceedingly sorry for them. They get daffy on the subject. And no wonder, with every Tom, Dick and Harry setting himself up as a diet specialist or a food expert.

THERE ARE NO BAD FOODS

And so, please remember, that all foods are good. There are no bad foods. Oh yes, I know that right away some one will say that white bread is bad. But wait a minute. Eat a spoonful of bran with each slice of white bread and the white bread would not be bad. The only thing that is wrong with the white bread is that it does not contain bran.

Of course it is foolish to buy white bread and then buy the bran separately and eat it for its valuable mineral salts and vitamins, as well as for the bulk which bran furnishes.

STARCH IS VALUABLE

But some one will say that bread is practically all starch. Well of course it is. All carbohydrates are either starch or sugar. And we must consume a large part of our food as carbohydrates. The starch of wheat, corn and potatoes is excellently suited to the needs of our bodies, as it is rather easy to digest and is readily transformed into sugar, which is stored in the liver and muscles as glycogen and later burned in the muscles to produce heat and energy. Starch will not form a coating on the inside of normal intestines.

EAT WHOLE-WHEAT BREAD

And so I urge you not to shun bread, but if you eat white bread be sure to eat some bran with it. Better eat the whole-wheat bread,

as you might neglect to eat the bran with your white bread. Whole wheat bread has a much better flavor than white bread anyway, once you have learned to like it.

MEAT EATING IN MODERATION

Then there is the question of meat eating. No doubt some people who are not working hard eat too much meat. And some people get along fairly well with little or no meat.

STEFANSSON'S EXPERIENCE

On this point of meat eating, the experience of Stefansson in the Arctic regions is interesting. Stefansson has spent eleven and a half years in the polar regions, and nine years of that time he lived on a meat diet. At one time he lived for nine successive months on an exclusive meat diet, principally fish. He says that his sense of physical and mental well being was at its best during that period of his life. He found that the exclusive meat diet worked as well when he was inactive as when active, and as well in hot weather as cold. He states that not a single case of constipation was observed in 600 exclusively meat-eating Eskimos over a period of three years. Stefansson affirms that his observations on the health and longevity of Eskimos led him to the conclusion that their meat diet has no deleterious effects on their circulation or kidneys.

Now of course the experience of Mr. Stefansson among the Eskimos is not in itself sufficient to decide once and for all the question of meat eating, but it at least shows us that we should not be too fanatical on any of our food hobbies.

VEGETARIANS WERE LUCKY

Why do the vegetarians seem to thrive so well on their vegetarian diet? Well, one reason is because luckily vegetables and fruits are rich in vitamins, while preserved meats and white bread are not rich in vitamins.

VITAMINS DISCOVERED IN 1909

The vegetarians were merely lucky, that's all. They knew nothings about vitamins, because the vitamins were not discovered until 1909, long after the vegetarians had succeeded in making vegetarianism popular.

MILK VALUABLE FOR EVERYBODY

How about milk for adults? Well, milk is perfectly proper for adults. The composition of our bodies changes so slightly from infancy to old age that milk is a good food all through life. Please do not let any one try to deceive you on this point.

Milk contains proteins, carbohydrates, fats, mineral salts, vitamins and water. There is practically no waste in milk. It is quite thoroughly digested and assimilated. Milk contains vitamin A, vitamin B, and vitamin C, and probably two or three other vitamins which are not at present so well known. You should have at least a glass of milk each meal. If you do not like milk as a drink, you can have bread and milk, mush and milk, hot milk toast, or milk in any way which appeals to you. Of course, milk is 87 per cent water. But that is a good thing, for some people do not get enough fluids into the system.

EGGS ARE NOURISHING

How about eggs? Well, eggs are all right. They are nourishing; they contain vitamins; and they are clean and cannot be adulterated on account of the shell.

VITAMINS ARE NECESSARY

Must we have vitamins? Most certainly we must have vitamins in our food. Animals fed on vitamin-less food take sick and die in ninety days. Such tests have been made hundreds of times. We must eat vitamins or die. Nothing can take the place of vitamins. Here comes in the importance of Diet. Chiropractic and Diet are the twin health necessities.

Even though your Chiropractor has adjusted your spine until every vertebra is in line and every nerve is free from impingement, still you would die in ninety days if you had no vitamins in your food.

VITAMINS IN MANY FOODS

What foods contain vitamins? Well, the most of the vegetables contain vitamins. Milk, eggs, oranges, lemons, grapefruit, tomatoes and cabbage are especially rich in vitamins.

OUR VITAMIN REQUIREMENTS

What quantity of vitamins do we need? Well, we need daily about the quantity of vitamins which are contained in three glasses of milk, an orange and six slices of whole wheat bread or rye bread, with a reasonable amount of butter.

Do we have to have vitamins in all our food? Not at all. It is of no advantage to have an excess of vitamins. Enough is enough.

COOKING REDUCES VITAMINS

Does cooking our food kill the vitamins? As a rule the cooking of the food does reduce the vitamins, especially vitamin C. And so people who eat cooked food should eat every day an orange, or a lemon, or a grapefruit, or a tomato, because oranges, lemons, grapefruit and tomatoes are rich in vitamin C.

VITAMINS NOT STORED

Can vitamins be stored up in the system? Probably not. It seems to be necessary to eat every day the required supply of vitamins for that day.

YEAST CONTAINS VITAMINS

Does yeast contain vitamins? Yeast does contain one of the vitamins and no doubt has helped out in many cases of vitamin deficiency. However, all the vitamins can be obtained in sufficient amount in our ordinary foods and it is not necessary to eat yeast to obtain vitamins. No objection to yeast for those who can take it.

NO VITAMINS IN BEER

Does beer contain vitamins? No, beer does not contain any of the vitamins.

BUTTER SUBSTITUTES LACK VITAMINS

Does oleomargarine contain vitamins? No, oleomargarine and nucoa do not contain vitamins. People who use oleomargarine or nucoa instead of butter should be sure to make up the deficiency in vitamins by using more milk or by eating more oranges, lemons, grapefruit or tomatoes.

FRESH MEAT CONTAINS VITAMINS

Does meat contain vitamins? Fresh meat contains vitamins; heart, liver and brains are especially rich in vitamins. But preserved meats are usually lacking in vitamins. That is one reason why sailors on long voyages usually returned with scurvy, because they had no

fresh meats and vegetables, but used preserved meats. The sailors later have learned that a daily supply of lemon juice will furnish sufficient vitamins to keep scurvy away.

AN ORANGE A DAY

Will an apple a day keep the doctor away? An apple a day would be a very good thing, but an orange a day would be twice as effective, because oranges contain twice as much vitamin as apples. Tomatoes are about three times as rich in vitamins as apples are. They are now giving orange juice and tomato juice to babies one month old. Fortunately cooking does not injure the vitamins in canned tomatoes.

PASTEURIZED MILK

Should milk be pasteurized? Milk is a little richer in vitamins if it is not heated Pasteurization means the heating of milk to about 140 degrees for fifteen or twenty minutes to kill the germs. But nowadays cattle are so frequently inspected that there is practically no advantage in pasteurizing the milk. The advantages of pasteurization just about offset the disadvantages. Personally I use and recommend the raw unpasteurized milk. If children are fed on pasteurized milk, they should by all means be given some orange juice or tomato juice once or twice a day to make up for the deficiency in vitamin C.

POTATOES CONTAIN VITAMINS

Do potatoes contain vitamins? Yes, potatoes do contain vitamins. And potatoes are an excellent food. They can be used every day to good advantage. Baked potatoes and mashed potatoes are probably more easily digested than fried potatoes. Sweet potatoes are also a valuable food.

EAT CARROTS RAW

Carrots are especially rich in vitamins, either raw or cooked. But as a rule we should eat the carrots raw. Fresh young carrots are richer in vitamins than old wilted carrots.

Dandelion greens are rich in vitamins. Don't you remember how delighted we used to be every spring when we could have our first mess of greens? They seemed to be a good tonic for our blood and nerves. Now we know that it was because of the vitamins which are contained in the greens.

HERB TONICS NOT NECESSARY

And don't you remember the herb tonics which our grandmothers used to make every spring? They sure were bitter. Now we know that the beneficial effects which the herb tonics had on us was due to the vitamins which young herbs contain. There are still herbal doctors and Chinese doctors who make most awful concoctions of herbs for people to drink. Many people are actually benefited by these potions, and it is mainly due to the vitamins contained in the juices of many herbs. It is not necessary for the herb tonic to taste nasty in order to be beneficial. Orange juice and tomato juice are just as beneficial as the nasty herb juices. But some people think that a mysterious herb juice administered by a Chinese herb doctor is more effective because it is nasty tasting. Like the mineral springs, where the worse the water tastes and smells the better it is supposed to be for your health.

String beans have been found to be quite rich in vitamins—more so than the mature beans.

GOOD TEETH DEPEND UPON VITAMINS

The teeth depend largely upon the vitamins, too. Our teeth become loose and contain cavities if we do not receive vitamins in our food. This most astonishing fact was only discovered in 1919. We have always been taught that "a clean tooth never decays." But now we come to find out that decay of our teeth is caused by a lack of vitamins and mineral salts in our foods. How we are learning important facts about diet. Remember that Chiropractic and Diet are the twin health necessities.

The teeth should be kept clean, of course, but now we know that keeping the teeth clean will not prevent them from decaying.

LEMON JUICE CURES SCURVY

Lemon juice is about four times as rich in vitamins as lime juice. The sailors who depended upon lime juice to prevent scurvy were frequently disappointed, while the sailors who used plenty of lemon juice escaped the scurvy.

DRAW THE LINE ON GARLIC

Onions have also been found to be rich in vitamins. I hope they won't also find that garlic and limburger cheese are rich in vitamins.

Cabbage, lettuce, cress and spinach are also rich in vitamins, and will keep scurvy away.

FRESH GRASS MAKES VITAMINS

If cows are given fresh grass their milk is twice as rich in vitamins as if the cows are kept in barns and fed dry feed exclusively. This seems to indicate that the cows do not manufacture the vitamins but merely get the vitamins from the grass and put them into the milk. Maybe this explains why the milk of some nursing mothers does not seem to make their babies thrive. Maybe the food of the mother is lacking in vitamins. Say, this diet question is a deep study.

ORANGE JUICE FOR BABIES

Well, all babies should be given a little orange juice or tomato juice every day for good measure, so that the babies will be sure to get enough vitamins.

People who talk about going on an orange juice fast aren't fasting at all. They are living on the finest food God ever created.

YELLOW FOODS RICHEST

By some sort of a peculiar arrangement in nature, yellow foods seem to be richer in vitamins than white foods. For instance, yellow butter is richer in vitamins than the white substitutes; yellow corn meal is richer in vitamins than white corn meal; yellow sweet potatoes are richer in vitamins than ordinary white potatoes; carrots are richer in vitamins than beets or white turnips; oranges, lemons and grapefruit are richer in vitamins than apples; the yolk of egg is much richer in vitamins than the white of egg; yellow beef fat is richer in vitamins than white hog fat.

In fact, I know a physician who tells me that he cures cancer by putting the patient on a diet made up exclusively of yellow foods. I'll tell the world this subject of Diet is a deep study. Chiropractic and Diet are the twin health necessities.

SUGAR IN MODERATION

How about sugar? Sugar is a highly concentrated carbohydrate and is the most economical source of heat and energy. If used in moderation so as not to crowd out the coarser foods, sugar is a wonderful energy producer. But sugar contains no vitamins and no proteins, and therefore sugar must make up only a small fraction of a meal. But sugar is not harmful. Sugar is only harmful if used in excess and then the sugar itself is not harmful, only when we eat a lot of sugar or candy we do not feel hungry for meat and potatoes and carrots, and so in a way sugar has deprived us of the feeling of hunger for the other necessary foods.

CHILDREN MUST HAVE VITAMINS

A child could starve to death in ninety days on tea, white bread and syrup made by melting white sugar. Not that these things are bad in themselves, but because they do not contain enough vitamins, mineral salts, proteins and fats. Every meal the child should have vitamins, proteins, carbohydrates, fats and mineral salts. It is all right to let sugar make up a part of the required carbohydrates—no objection at all.

PUT SUGAR ON OAT MEAL

How about letting a child put sugar on oat meal? Certainly let the child put sugar on oat meal or any other cereal. I know that the objection made is that by putting sugar on oat meal the child is doubling his carbohydrates. Well, that's all right if he does double his carbohydrates, providing his total amount of carbohydrates is not too large.

NO BAD FOOD COMBINATIONS

Well, how about bad food combinations? The answer is, there are no bad food combinations. Much mischief is done by so-called food experts who tell people they must not eat starches and acid fruits at the same meal, or starches and proteins at the same meal. Such advice is far from correct. On the contrary, there should at every meal be a combination of starches, fruits and proteins. The poor excuse that is given for objecting to the eating of starches and proteins at the same meal is that proteins are held in the stomach quite a while for digestion but that the starches are not digested in the stomach and if the starches are held in the stomach all the time that the proteins are held in the stomach, that he starches ferment there and form gas. Well, that's a poor excuse to offer. In the first place, the starch is not necessarily held in the stomach as long as the protein is. In the second place, the starch will not ferment in the stomach if the gastric juice is normally acid. If the gastric juice is not normal, then the person should take Chiropractic adjustments to make the stomach able to secrete normal gastric juice. And so Chiropractic and Diet are the twin health necessities.

IDIOSYNCRASIES

But you ask, if there are no bad combinations of food, how does it happen that when some people eat cherries and milk together they get sick? Well, that is not the fault of the cherries and milk, because thousands of people every year eat cherries and milk and do not get sick from it. People whose stomachs cannot handle cherries and milk need Chiropractic adjustments in order to strengthen their stomachs. Some people can't eat strawberries, but that's no fault of the strawberries. That's idiosyncrasy.

PORK IS WHOLESOME

How about pork? Certainly eat pork. Especially corn fed pork. When properly cooked and thoroughly masticated, pork is a wholesome food.

MEAT BROTHS NOT INJURIOUS

How about meat broths—are they hard on the kidneys? Meat broths are not very nourishing, and they do give the kidneys some extra work. But the normal kidneys like to work. A normal pair of kidneys are probably never worked to full capacity. In fact, one kidney can be removed, and still the other kidney can do the work of both of them. An organ is not injured by doing its regular normal work. Drug poisons and alcohol are injurious to the kidneys; but meat broths are not injurious, although they contain some of the waste products of muscular activity. But the kidneys are accustomed to handling the waste products of muscular activity. But the meat broth also contains some of the nourishment which comes from the meat, for instance, the protein material and the glycogen which was stored in the muscle ready for use.

MEATS SHOULD BE MEDIUM

Should meats be rare or well cooked? Meats should be medium well done. If meats are well heated through and through they are perfectly safe.

LONG COOKING WEAKENS FOOD

Is food injured by long cooking? Yes, food is less nourishing if it is cooked a long time or kept heated waiting to be served. This is one great disadvantage of eating at cafeterias where foods are kept hot for hours on steam tables. Bachelors should get married and eat at home.

DRINKING WITH MEALS

May we drink water with our meals? Yes. Tests have been made which prove that it is not injurious to drink water with meals.

REDUCE BY EATING LESS

How may we reduce if we become too fat? Reduce by eating a little less and exercising a little more. Cut down especially on bread, butter, potatoes, cereals, and sugar. Use more skim milk, butter milk, cabbage, celery, lettuce, carrots, spinach, green beans, greens, cauliflower, cress, apples, pears, apricots, tomatoes, oranges, turnips, rutabagas, bran, raspberries, loganberries, beets, cucumbers, egg plant, onions, radishes and sauerkraut.

WATER NOT FATTENING

Does water make us fat? No. Water does not make us fat. I have found that some people are cutting down on the quantity of water they drink for fear the water will make them fat. Remember, water does not make fat. You must take into the system at least two quarts of fluid a day. If you do not take in this much fluid it is difficult for the blood to flow freely and difficult for the kidneys and bowels to flush the system, and so poisons may accumulate and do great damage.

SIMPLE DIET RULE

Can you give a simple diet rule that all can follow? Certainly. This is it: Drink a glass of fresh sweet milk with each meal. Once a day, eat either an orange, a lemon, a grapefruit or a tomato. Use whole-wheat bread instead of white bread. Then fill in the balance of the day's victuals with any appetizing foods that you wish. There you are. If you will follow that simple rule you will get your vitamins, your mineral salts, your protein, your carbohydrate and your fats. Every requirement of the body is met. You could go to the so-called food experts and diet specialists and pay fifty dollars for an examination and a diet list, and you would not be one whit better off than you will be if you follow this simple diet rule. Follow this simple diet rule for six months and take a course of Chiropractic adjustments and you will never again be puzzled about health problems, for you will have the priceless benefit of **CHIROPRACTIC AND DIET**, the twin health necessities.

Please help me pass this good news along.

CALE CHIROPRACTIC COLLEGE AND NATUROPATHIC COLLEGE

Learn a profession, become independent, and help suffering humanity. The most efficient and thorough instruction in the entire West. Graduates can pass State board. Day and evening classes. Tuition $400 in installments of $10 per month, or $300 cash. 1406 West 7th Street, Los Angeles. DRexel 4551. Agents wanted for Dr. Cale's new book, "The Twin Health Necessities." Liberal terms to people who can talk health. Dr. Chas. A. Cale, D.C., N.D., President. Free and pay Chiropractic treatments day and evening. Earn while you learn.

CALE COLLEGE OF CHIROPRACTIC

Date of Incorporation: - May 5, 1925.

Faculty: Two or three instructors - indefinite -; lack of regularity. Students do some of the teaching. Dr. Cale Principal instructor, who is licensed only as a Naturopathic physician.

Entrance Requirements: No age requirement, neither are students required to submit any evidence of preliminary education.

No credit is given students for previous work completed in a medical or osteopathic college. Credit is allowed for previous work in a chiropractic institution.

Course: Day students are required to attend seven hours per day and five days per work. Five months constitute a term. The course consists of three terms of five months each and one term of three months.

Night students are required to attend three and one-half hours per night and five nights per week. There are five months in a term. The entire night course consists of six terms of five months each and two terms of three months each.

The subjects taught are as required by the Chiropractic Act. No additional subjects, it is claimed, are taught unless students take the naturopath course in addition. The naturopath course is included on the regular schedule of classes.

Gary's Anatomy is required.

Lectures are given on all subjects except chiropractic theory and practice.

Small chemical laboratory of little or no value maintained.

Clinical work begins immediately. It is divided into Junior and Senior Classes. The clinic is not in charge of licensed chiropractors.

Records: Monthly examinations are held only. Clinical work done without direct supervision.

Equipment: Two or three rooms used.

Library: No library for reference work.

GLOSSARY

The Cale College of Chiropractic from February 2, 1925 to November 22, 1925, was conducted at the offices of Dr. Cale, which consisted of two or three rooms in the O. T. Johnson Building, Broadway at Fourth Street, Los

CALE COLLEGE OF CHIROPRACTIC
"GLOSSARY" (Cont'd)

Angeles, California. Dr. Cale practiced his profession simultaneously with the conducting of his school and would leave his class to attend patients calling as occasion required.

As matters pertaining to the school were concerned at the O. T. Johnson Building period, there was neither regularity nor comistency, nor was there anything in the nature of a duly organized or equipped school.

Since November 23, 1925, the school has been conducted at 1405 West 7th Street, Los Angeles. According to evidence, the same methods were followed and the same conditions abounded at this latter address as at Dr. Cale's office in the Johnson Building.

The school is run largely as a Drugless Practice School, thereby diverting students' attention from the Chiropractic idea. Unquestionably, instruction is poorly administered.

It is said in the case of the State vs Clark (Mo.) 230 S.W. 609, concerning schools: "The vital question should be (1) Are the teachers qualified? (2) Is the institution so equipped that they can properly teach?" To this may be added, "Do the teachers actually teach?"

Doctor Cale, a Naturopathic Physician, does not do all the teaching, but some of it is done by others, principally students not qualified; the school is not properly equipped, and the teachers do not actually teach. The Cale College fails in each of the points enumerated in the above paragraph.

There is no organized and systematic instruction in the super-important subject of Chiropractic Theory and Practice. All the chiropractic is given by clinic.

All members of the Board were present at the investigation, which was completed at 3:45 p.m.

9/4/26 Page 254
As a result of the investigation of the Cale College of Chiropractic, from the inspection by the Board, and from evidence adduced in the case of Cecile Zicklin, a student of the college, a motion was made by Gilkerson, seconded by Tait, that the school be recorded as INSUFFICIENT, and that graduates of the institution BE DENIED EXAMINATION before the Board. Motion carried.

A motion was made by Gilkerson, seconded by McFarland, that no endorsement be given the CALE COLLEGE OF CHIROPRACTIC by the Board. Motion carried.

PAGE 260 — A discussion here took place in regard to the Cale College of Chiropractic, and a motion was made by Dr. Skinner seconded by Dr. Malcolm that the request of the school be granted and another investigation be conducted. Motion carried.

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Alleged Diploma Mill Under Probe

13

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The probe was oredered after Bert Humason, chief inspector of the State Board of Chropractic Examiners, received a warrant for the arrest of Dr. C. A. Cale, head of the school.

Humason charged that chiropractic diplomas were being sold to inexperienced practitioners.

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JULY 31, 1920

"DIPLOMA MILL" IS INVESTIGATED

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Chiropractic Diploma Mill Here Charged

'College' Head Arrested After State Board Inspector Swears Out Warrant

DIPLOMA mill charges brought the arrest last night of Dr. Charles A. Cale, president of the Chiropractic College at 1406 West Seventh street.

DR. C. A. CALE
Under Arrest

The arrest followed charges that chiropractors' diplomas were being sold on a statewide scale to inexperienced practitioners.

These charges led to the issuance of a warrant late yesterday for the arrest of Dr. Cale.

The warrant was issued to Bert A. Humason, chief inspector for the State Board of Chiropractic Examiners, who, after an intensive investigation, charged that inexperienced applicants who had never had instruction in chiropractic have purchased diplomas enabling them to practice as certified chiropractors.

In the complaint, Doctor Cale is charged with selling a diploma to a woman investigator—one who had never attended classes at the college—for $200.

DR. A. A. CALE
Faces Questioning

A down payment of $14 was made by the woman.

Today, however, a sweeping investigation of Doctor Cale's methods of operating his college, is to be launched by the district attorney's office.

A felony complaint charging perjury will be requested by Inspector Humason—the perjury accusation to be based upon the alleged falsi-

(Continued on Page 12, Cols. 2-3)

Chiropractic Diploma Mill Here Charged

(Continued From Page One)

fication of diplomas. Some of these have been passed upon by the state board and have created inexperienced "chiropractors" overnight the inspector alleged.

DR. W. J. HALLQUIST
Faces Summons

For several weeks, Inspector Humason has had woman investigators within the school—attending the classes and attempting to purchase diplomas permitting them to practice chiropractic without the necessity of a professional education.

The reports filed by two of these operatives contain charges of a sensational nature.

One affidavit in possession of the investigation and which was sworn to by a former business manager of the college charges:

"A party by the name of Mr. King, who has a State chiropractic license and a diploma from the Cale Chiropractic College, never attended said college one day day to my exact knowledge.

Four Months in School

"C. F. Beach received a diploma after attending the Cale College four months.

"It is a known fact to me and to the students in general that persons could receive a diploma without attending the necessary 2400 hours, as required by California State law. Also that Doctor Cale had several scholarships that he sold to the highest bidder."

Still another affidavit, made by a former instructor of the institution, sets forth that—

"False and fraudulent entries were made in the college records, with the express purpose of obtaining hour credits that they did not merit, in order to get a diploma from the said chiropractic school."

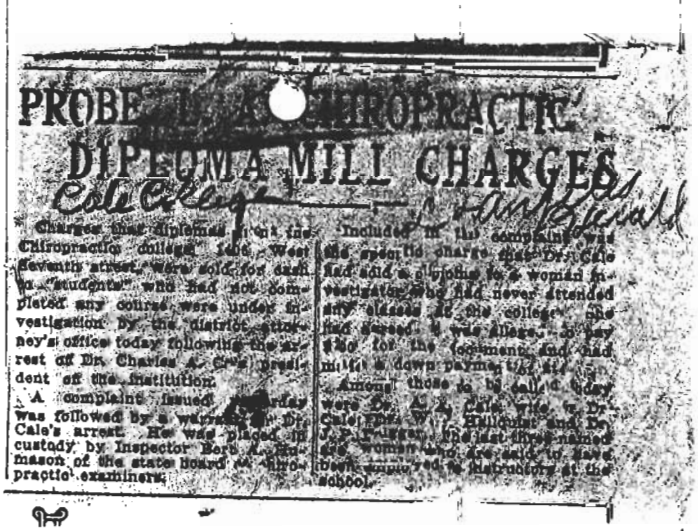
DR. J. P. DUGGER
'Faculty' Member

In furtherance of these charges from Dr. Cale's former associates, Inspector Humason held a long conference with Deputy Percy Hammond of the District Attorney's office yesterday laying many documents and other evidence before him. Grand jury action will be requested by the State Board of Chiropractic Examiners.

Other members of the faculty and former students who probably will be summoned to the District Attorney's office for questioning today are Dr. J. P. Dugger, Dr. A. A. Cale, his wife, and Dr. W. J. Hallquist.

Vendors Near Bowl Results in Protest

Vendors of peanuts, ice cream and the like, said to be so numerous that Highland avenue, near Hollywood Bowl, is almost blocked to traffic, were the subject of a protest sent to the police commission yesterday by the city planning commission through its secretary, Mrs. Agnes Freeman. She [illegible] and others had [illegible] objections to the alleged nuisance.


PROBE
CHIROPRACTIC
DIPLOMA MILL CHARGES
College
Charges that diplomas in the Chiropractic college, 1406 West Seventh street, were sold for cash to "students" who had not completed any course, were under investigation by the district attorney's office today following the arrest of Dr. Charles A. Cale, president of the institution.
A complaint issued yesterday was followed by a warrant for Dr. Cale's arrest. He was placed in custody by Inspector Bert A. Humason of the state board of chiropractic examiners.
Included in the complaint was the specific charge that Dr. Cale had sold a diploma to a woman investigator who had never attended any classes at the college. She had agreed, it was alleged, to pay $200 for the document and had made a down payment of $14.
Among those to be called today were Dr. A. A. Cale, wife of Dr. Cale; Dr. W. J. Hallquist and Dr. J. P. Dugger. Besides these named are [illegible] said to have been employed as instructors at the school.

AT LAST! PERFECT CANNING PEACHES

Bd. of Chiro. Examiners
Accreditation Files
CA College of Chiro.
1925

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